

Step 1: Identify broad goals

What would I like my intimate & sexual life to give me? What would I like it to say about me? *Physical enjoyment? Intimacy (feelings of closeness/connection, having a special/unique relationship)? Sensuality (engaging with our physical senses)? Sense of connection to gender/sexuality? Something to do?*

What would I like my intimate & sexual life to give my partner? *Physical enjoyment? Intimacy? Sensuality? Sense of connection to gender/sexuality? Something to do?*

What would I like it to communicate to my partner? What role would I like it to have in our lives? *Communication? Closeness? Shared activity? Showing care & affection?*

Step 2: Dial it in

What kinds of experiences would move me toward those broad goals above?

What parts of how I've approached intimacy & sexuality in the past were working well for me and/or my partner?

What would I be interested in trying to see if it could meet those goals?

What's something I'm 95% sure I can do in the next week to move toward those goals?

Step 3: Troubleshoot challenges

If this is happening:

Ask this person for ideas:

<p>Physical/medical issues limiting options</p> <ul style="list-style-type: none"> • Unsure about physical functioning • Current physical symptom management isn't working great 	Physician/NP
<p>Stuck in my own head</p> <ul style="list-style-type: none"> • Shooting down ideas before trying them, setting goals and not making progress • Stressed, nervous, annoyed, frustrated, embarrassed, sad, hopeless, helpless, tense, resentful <p>Going it alone</p> <ul style="list-style-type: none"> • Unsure what partner wants, what they think about intimacy & sexuality, what they're open to • Trying to make changes all on your own, hiding things from partner, not getting buy-in on changes 	Psychologist
<p>Logistics getting in the way of ideas</p> <ul style="list-style-type: none"> • Unsure how to adapt to make a goal happen • Feeling limited in terms of creativity, activities taking lots of effort 	PT/OT

Step 4: Check back in

Did my plan work as expected? What adaptations did I make?

How did I feel when I was implementing my plan?

Does it feel like that plan will help me move toward my goals?

What did my partner think? How did they feel?

Who can I go to for other ideas about next steps?

What's the next thing I want to try that I'm 95% sure I can do in the next week?

Tips

Start small – aim for something you're 95% sure you can do (then you can move onto the next thing you're 95% sure you can do, and the next, and the next)

Add structure – schedule things, use reminders on your phone

Set endpoints – plan to try something for a specific amount of time (e.g, 2 weeks) then reevaluate, rather than planning on sticking with a change forever

Let people know when you'd like problem solving vs. listening